



I not only became a MOM, I discovered a new me

Nineteen year old Renae chose to breastfeed her daughter.

"It was the best decision I ever made."

breastfeeding

saved my son's LIFE



Cynthia

"Age nineteen was a huge year for me. I was experiencing pregnancy for the first time while recovering from the death of my mother. I was trying to 'mother' my twin two-year old brothers and also adapting to a new husband. But my future had a far greater challenge in store for me.

From the very start, being a teen mother was a whirlwind experience. I wanted to do everything right but wasn't always sure what 'right' was and I no longer had my mother for guidance and support. I remembered seeing the look in her eyes when she breastfed my brothers. There was a tenderness in them; complete devotion. And I wanted the same experience for my son. Even though family and friends thought it was weird that I chose to breastfeed him, I did it anyway.

My son's health took a dive about a month after he was born. He was rushed to the hospital where the doctors told me his intestines were twisted. He had emergency surgery that day. His doctors told me that it was my breast milk that had probably saved his life.

My son was in intensive care for three weeks. Well meaning nurses suggested I use formula, hoping to help me during this difficult time. I refused. I knew that breast milk was best for my baby—especially when he was struggling for life.

I made many decisions at an early age that changed my life. Breastfeeding was one of the best. When I accepted the responsibility of having a child I committed myself to being the best mother I could be. Breastfeeding my child was just part of my commitment but it's something I couldn't be more proud of."